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ABSTRACT

Whether a person drinks a little or a lot, one thing remains the same--alcohol is a drug that changes the body in specific ways. Information on alcohol, how it is made, and how it affects the body are presented in this book. Written in an easy to understand style, the text begins with a detailed explanation of the various uses of alcohol and how it is made. Different views of alcohol and ways in which young people are pressured into drinking are described in vignettes. Situations such as social drinking, are covered, followed by a detailed explanation of how alcohol affects the body. The body's mechanism for processing alcohol and how alcohol damages the body are discussed. This section is followed by an examination of alcoholism, a disease for which various treatments and help programs are presented. A chapter on alcoholism at home explains how the disease touches everyone. A glossary defines some of the common terms associated with alcohol and a list of organizations that can help people struggling with alcohol-related problems is presented. (Contains an index.) (RJM)

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